

PM Yoga and Yogilates



For Ages 14 and Up

Program Description & Information:

Yoga: Improves flexibility, circulation, and increases strength and stamina while reducing stress.

Yogilates: Receive benefits of yoga and pilates in one class to create strong abdominals, back, and buttocks, and toning your entire body.

Paula Bruce: (561) 762-9096

No Classes: Week of March 16th and no class March 21st.

Program	Days	Dates	Time	Fee	Code
Yoga II	Tues./Thurs.	2/17-4/2	7:00pm-8:00pm	\$75R/\$94NR	214662 A2
Yoga Plus II	Tues./Thurs./ Sat.	2/17-4/4	7:00pm-8:00pm 9:00M-10:15AM	\$90R/\$113NR	214662 B2
Yoga III	Tues./Thurs.	4/14-5/21	7:00pm-8:00pm	\$75R/\$94NR	214662 A3
Yoga Plus III	Tues./Thurs./ Sat.	4/14-5/23	7:00pm-8:00pm 9:00am-10:15am	\$90R/\$113NR	214662 B3
Yogilates II	Saturday	2/21-4/4	9:00am-10:15am	\$60R/\$75NR	214663 A2
Yogilates III	Saturday	4/18-5/23	9:00am-10:15pm	\$60R/\$75NR	214663 A3

Location: NEW LOCATION!! Village Park 11700 Pierson Road 561-791-4005

Instructor Contact: Paula Bruce: 561-762-9096

Special Notes: No classes: Week of March 16 and no class March 21st



REGISTER ONLINE*

You can register for programs online at:
<http://webtrac.wellingtonfl.gov:8080>

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

**You must register in person the first time in order to establish a household in our system. Not all programs are available for online registration.*

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Julie Strow, at (561) 753-5262 at least two weeks prior to the begin date of the program or class.

